

ABCs of Good Health Fact Sheets

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.

Fat—You Can't Live Without It!

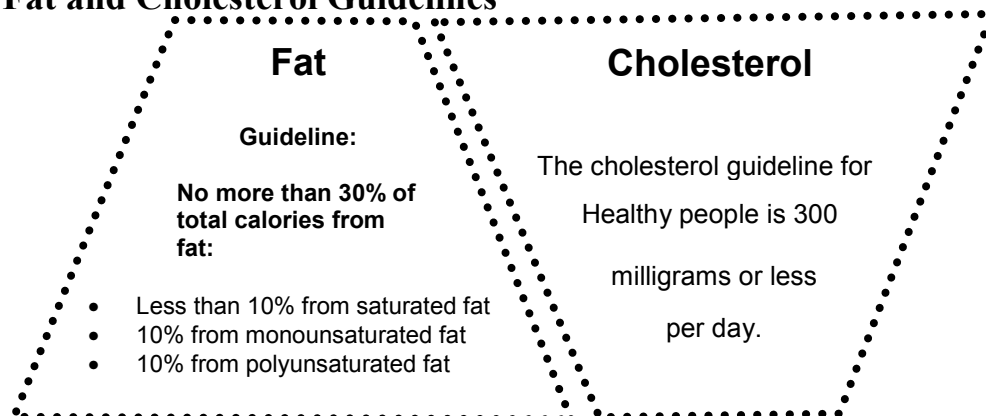
With all the bad publicity that fat has received in the past few years, you may be surprised to learn that *fat is a nutrient*, necessary for your health.

- ♥ Fat dissolves fat-soluble vitamins (vitamins A, D, E, and K) and allows them to nourish your body.
- ♥ Certain fats are essential, specifically the fatty acids, linoleic and linolenic acids, which your body cannot make.
- ♥ Fat supplies energy, or calories, to power your physical activity and the many processes that keep you alive.
- ♥ Extra fat is stored for when you need an extra energy supply.
- ♥ Body fat cushions your organs and protects them from injury, and insulates your body.
- ♥ Fat in food helps satisfy hunger by making you feel full after eating.
- ♥ Fat makes foods taste good. It gives them flavor and a creamy texture, and makes many foods moist and tender, or brown and crispy.

Too Much Fat is Unhealthy.

High fat diets are linked to higher blood cholesterol levels and a greater chance for heart disease. Eating a high-fat diet also increases the risk for some types of cancer and obesity.

Fat and Cholesterol Guidelines



The 30% Fat Guideline:

If you eat this many calories a day	Your calories from fat would be no more than	Your daily fat intake should be no more than
1,600	480 calories	53 grams
2,000	600 calories	67 grams
2,200	660 calories	73 grams
2,500	750 calories	83 grams
2,800	840 calories	93 grams

Dietary Guidelines 2000

The **ABC's** of good health

Aim for fitness

- Aim for a healthy weight
- Be physically active each day

Build a healthy base

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

Choose sensibly

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars
- Choose and prepare foods with less salt.
- (for adults) If you drink alcoholic beverages, do so in moderation.

Ways to Trim Fat from the Food You Eat:

- ★ Know where fat comes from. Read the Nutrition Facts panel on food labels.
- ★ Choose a variety of foods – grains, fruits, vegetables, lean meat, skinless poultry, fish and lower-fat daily products.
- ★ Eat lean meat and skinless poultry.
- ★ Serve seafood several times a week prepared in a low-fat way.
- ★ Eat at least five fruits and vegetables a day.
- ★ Choose lower-fat grain products – pasta, rice breakfast cereals, bagels, tortillas, pita, and other lower-fat breads.
- ★ Choose low-fat or non-fat dairy products.
- ★ Go easy on fats and oils. This includes vegetable oils, butter, margarine, lard, cream cheese, bacon, high-fat salad dressing sauces, and many candies.
- ★ Choose low-fat food products, such as fat-free salad dressing, non-fat sour cream, and low-fat ice cream.
- ★ Balance higher-fat foods with lower-fat foods.
- ★ Watch your snack fats.
- ★ Watch your portion sizes.

Ideas adapted from the American Dietetic Association's *Complete Food and Nutrition Guide*.

How much fat is appropriate for children?

Very young children

Very young children are growing rapidly and have an active lifestyle. Fat is an excellent source of energy, or calories, which these children need to grow and be physically active.

⊗ **Don't** restrict fat or cholesterol at this age.

☺ **Do** serve children under two years whole milk and whole milk products.

Children ages 2 to 5:

Between ages two and five, gradually make a transition to a lower fat intake to meet health promotion guidelines. As they consume less calories, or energy, from fat...

☺ **Do** serve more nutrient-rich foods that have less fat: grains, products, fruits, vegetables, low-fat dairy foods and other protein-rich foods.

Children ages 5 and above:

By age five, a child's eating styles should conform to the same Dietary Guidelines as older children and adults.

☺ **Do** limit fat to no more than 30 percent of total calories and saturated fat to no more than 10 percent of total calories.

Grape and Pasta Sauté

Preparation Time: 15 Minutes

Cooking Time: 15 Minutes

Makes: 6 Servings

- 8 ounces gnocchi or large shelled pasta, cooked and drained
- 1 cup cubed sweet bell pepper
- 1 cup sliced mushrooms
- ½ cup chopped onion
- ½ teaspoon dried oregano, crushed
- 2 teaspoons olive oil
- 2 cups seedless grapes
- 1 cup fresh or frozen pea pods, thawed, cut in half diagonally
- Garlic salt, ground pepper to taste

Sauté onion in oil in non-stick skillet until tender. Add pea pods, peppers, mushrooms, and oregano. Cook 2 to 3 minutes or until vegetables are crisp-tender. Stir in grapes and pasta. Add salt and pepper to taste, and heat thoroughly. Variation: add cooked chicken or shrimp and sprinkle with grated parmesan cheese

Each serving of this recipe provides 1 ½ fruit/vegetable servings.

Nutrition Information Per Servings: 220 Calories, 2.7 g Fat, 0 mg Cholesterol, 4 mg Sodium, 43 g Carbohydrate, 7 g Protein

This 5 a Day recipe is provided by the California Table Grape Commission.